



healthy tips!

1. Exercise for 20 minutes a day!

2. Namaste!

Ask your parents about taking a yoga class.

3. H₂0!

Drink at least 8 glasses of water per day.

4. Eat Healthy!

Have at least 3 servings of whole-grain products per day...this can even help with weight management.

5. Shopping!

When visiting the farmers Market, ask to add fresh produce in your basket.

6. Brush and Floss Daily!

Maintain a healthy mouth to keep your shiny and bright smile.

7. Relax!

A balance diet, exercise and rest can help you reduce stress.

Adults...MOVE MORE!

Take the stairs; chase your kids; dance; walk your dog; mow your lawn.

9. Parents...Quit Smoking!

Lead a heart-healthy life by taking cigarettes out of it.

10. Children...Get Outside!

lay at least 30 minutes per day

11. Walk 10 minutes per day!

Even a short burst of exercise can increase your fitness level.

12. Rest!

Be sure to establish a regular sleep schedule.

13. Use Sunscreen!

Get a travel-size bottle for your book bag or purse and use it daily!

14. Learn Fractions!

Measure all the ingredients in one meal.

15. Keep a Positive Mental Outlook...For the Health of it!

It's hard to be unhappy when you're smiling!

